

## *Safety Tips*

***If Outdoors*** - avoid water, high ground and open spaces.

***If Indoors*** - avoid water, doors and windows, take off head sets and do not use telephones.

***Suspend Activities*** - for 30 minutes after the last observed lightning or thunder.



***Caught outside*** - crouch down put your feet together and place hands over ears to minimize hearing damage from thunder. Seek clumps of scrubs or trees of uniform height or seek ditches, trenches or low ground.

Photos downloaded from the NOAA Photo Library at [www.noaa.gov](http://www.noaa.gov)

*Play it safe -  
don't get caught  
in the open!  
Seek Shelter  
during a  
thunderstorm  
if lightning  
is present!*



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## *Lightning Awareness*



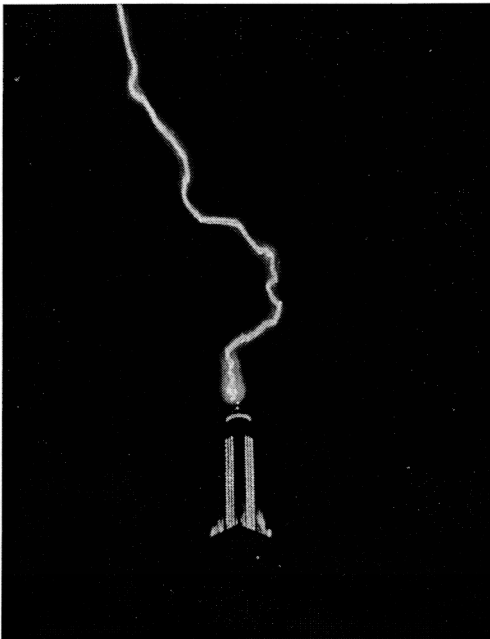
Ben Franklin experiments with a kite

*June, July and August  
are the three  
deadliest months  
with respect to lightning.*

The National Weather Service reports that 85% of lightning victims are children and young men ages 10-35 engaged in recreational work. They also report that 25% of strike victims die.

## ***Six Common Lightning Myths***

***1.) Lightning never strikes twice.*** It strikes the Empire State Building in New York City between 22-25 times each year.



***2.) Rubber tires or foam pads will insulate me from lightning.*** It takes about 10,000 volts to create a one inch spark. Lightning has millions of volts and easily can jump 10-12 feet.

***3.) Lightning rods will protect my house or outdoor festivities.*** Lightning rods are “preferential attachment points” for lightning. You do not want to “draw” lightning to any area with people nearby.

***4.) We should get off the water when boating, canoeing or sailing.*** Tall trees and rocky outcrops along the shore and on nearby land may be a more dangerous place.

***5.) A cave is a safe place in a thunderstorm.*** If it is a shallow cave or old mine with metallic nearby, it can be a deadly location during lightning.

***6.) Injured persons carry an electrical charge.*** Injured persons DO NOT carry an electrical charge and can be handled safely. Apply First Aid procedures to a lightning victim if you are qualified to do so. Call 911 or send for help immediately.

The National Weather Service reports that 40% of strike locations are

unreported. Of those reported 27% are Open fields and recreation areas other than golf courses and 14% are people standing under trees - other than on golf courses. Golf courses account for about 5% of all lightning strikes. Other locations are heavy equipment, telephone or radio transmitter or antenna related. Research shows that sequential lightening strikes can be 6-8 miles apart.



## ***Top 10 Lightning Victim Symptoms***

- 1) Memory Deficits and Loss - 52%.
- 2) Sleep Disturbance - 44%.
- 3) Attention Deficits - 41%.
- 4) Dizziness - 38%.
- 5) Numbness - 36%.
- 6) Depression - 32%.
- 7) Inability to sit long - 32%.
- 8) External Burns - 32%.
- 9) Severe Headaches - 32%. And
- 10) Fear of Crowds - 29%.